

### **WHAT IS GLUTEN?**

Gluten is a type of protein that gives bread and other baked goods their chewy texture. It is present in wheat and other grains, such as barley, rye and spelt.

#### WHAT IS GLUTEN SENSITIVITY, AND WHY SHOULD I BE CONCERNED?

People may be gluten sensitive. Symptoms of gluten sensitivity can include headaches, joint pain and fatigue, but many people show none of these signs. Also, gluten can lead to chronic inflammation and open the door to a variety of health conditions.

#### WHAT CAN I DO?

If you have this concern, reduce or eliminate the amount of gluten in your diet. Common gluten-containing foods include bread, pasta and cereal. Because determining gluten content isn't always easy, Market America has created a seal for all gluten-free Market America products.

#### **ISOTONIX® PRODUCTS**

- Activated B-Complex
- Calcium Plus
- Vitamin C
- Champion Blend Plus
- Coenzyme Q10
- Vitamin D with K2
- Digestive Enzymes
- Isochrome<sup>™</sup>

- Immune
- L-Tryptophan
- Magnesium
- Maximum ORAC
- DNA Miracles Multivitamin
- DNA Miracles Digestive Enzymes
- DNA Miracles Multivitamin Plus
- DNA Miracles OPC-3
- Multimineral

- Multivitamin (with and without Iron)
- OPC-3®
- OPC-3 Beauty Blend
- Prenatal Activated Multivitamin
- Prime™ Joint Support Formula
- Prime Ultimate Longevity Formula
- Resveratrol
- Vision Formula
- Bromelain Plus

# **TLS® PRODUCTS**

- · ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula
- · Chicken with Barbecue Sauce Entrée
- CORE Fat & Carb Inhibitor

- · Lemon Herb Chicken Entrée
- Lentils with Vegetables and Beef Entrée
- Nutrition Shakes
- Thermochrome™ with Advantra Z®

- Tonalin® CLA (Conjugated Linoleic Acid)
- Whey Protein Shakes
- · Green Coffee Plus Garcinia Cambogia

## OTHER HEALTH AND NUTRITION PRODUCTS

- Advanced Level 90®
- Awake® Energy Shots (all flavors)
- Choice™ Bars (all flavors)
- Curcumin Extreme<sup>™</sup>
- Glucosatrin®
- Heart Health™ Advanced Co-Q10
- · Heart Health Essential Omega III
- Heart Health System
- MPC® (Maximum Prostate Care)
- DNA Miracles Probiotics Extra
- DNA Miracles Essential Omega 3

- DNA Miracles Chewable Probiotics
- DNA Miracles OPC-3 Chews
- DNA Miracles<sup>™</sup> Gummy Vitamins
- MochaTonix®
- nutraMetrix® Slow Release Niacin
- nutraMetrix Red Yeast Rice
- NutriClean® 7-Day System
- NutriClean Advanced Fiber Powder with Stevia
- NutriClean Aloe
- NutriClean HepatoCleanse
- NutriClean Probiotics

- Prime Cognitin<sup>™</sup>
- Prime Time Female Libido Formula
- Prime Time Performance Formula for Men
- Prime AGE Defense Formula
- Prime Astaxanthin
- Prime™ Feminene®
- Prime Vision
- Timeless Prescription® Oxygen Extreme™
- Ultimate Aloe™ (all flavors)
- Vitamind®